

DEFENSIVE TACTICS UPDATE (P.O.S.T. PERISHABLE SKILLS CLASS TIMELINE)

GOALS:

To provide knowledge, tactics, and techniques that will assist sworn personnel in safely apprehending suspects and overcoming resistance. This series of classes will deal with proper application of use of force techniques. The student will recognize physical resistance and be able describe appropriate applications of use of force. Classes will be a mix of lecture, current laws regarding the use of force and hands on activities, designed to provide the student with current tactics and techniques. The student will be required to demonstrate appropriate levels of force in response to a scenario by correct and appropriate application of techniques learned throughout the classes.

LEARNING METHODS:

Lecture, video and PowerPoint, along with hands-on application and demonstration. Testing will consist of verbal and written tests on the application of force, based on department policies, criminal and case law.

RESOURCES NEEDED:

Duty belt, BDU's, baton, handcuffs, handcuff key, without firearm, knives, ammunition, or OC spray. Class C requires full duty uniform without firearm, knives, ammunition, or OC.

Class A (4-Hours)

DEFENSIVE TACTICS UPDATE (P.O.S.T. PERISHABLE SKILLS)

I CLASS INTRODUCTION/WARM UP (15 minutes)

- 1.) Stretching

II BODY MOVEMENTS/STANCES (with exercises) (30 minutes)

- a.) Stances (including hand/arm positions)
 - 1.) Interview
 - 2.) Self defense stance
- b.) Foot movements
 - 1.) Shuffle Forward/Back

- 2.) Shuffle Right/Left
 - 3.) Step off line, quarter turn
 - 4.) Quick step back
 - 5.) Step through, half turn
 - 6.) Switch stance
 - 7.) Triangulation Stance Right/Left
 - 8.) Forward Angle Step left/right
 - 9.) Rear Angle Step left/right
 - 10.) Turn in place
- c.) Falls and rolls
- 1.) Back fall
 - 2.) Front fall
 - 3.) Back roll
 - 4.) Front roll
 - 5.) Right fall
 - 6.) Left fall

III PERSONAL BODY WEAPONS/BATON (with exercises)
(60 minutes)

- a.) hands/elbows
- 1.) Palm heel strike
 - 2.) Elbow strike (diagonal)
 - 3.) Hammer fist
- b.) Feet/knees
- 1.) Thigh Kick
 - 2.) Knee strike
 - 3.) Shin kick
- c.) Baton Nomenclature
- 1.) Tip
 - 2.) End
 - 3.) Long portion
 - 4.) Short portion
 - 5.) Grommet
- d.) Stances
- 1.) Defensive
 - 2.) Port arms
- e.) Baton Draws
- 1.) Cross draw

2.) Same Side draw

f.) Baton Carries

- 1.) One hand ready
- 2.) Two hand ready

g.) Strikes

- 1.) One hand forward and reverse
- 2.) Two hand forward and reverse
- 3.) One handed snap strike
- 4.) Two handed snap strike
- 5.) Two handed diagonal strike up (end) and down (tip)
- 6.) Two handed diagonal strike up (end) and drop down (long portion)
- 7.) Front jab (tip)
- 8.) Rear jab (end)
- 9.) Figure Eight
- 10.) Two handed push

h.) Retention

- 1.) Figure Eight
- 2.) Circle in and out

i.) Parries/Blocks

- 1.) Inside Parry – High
- 2.) Outside Parry – High
- 3.) Inside Parry – Low
- 4.) Outside Parry - Low

j.) Non-primary Target Areas

- 1.) Heart, groin, spine, neck, kidney, head, throat, face, Xiphoid process

IV BODY MECHANICS AND CONTROL HOLDS (without exercises)
(90 MINUTES)

a.) Control Holds with transitions

- 1.) Side wrist lock
- 2.) Rear wrist lock
- 3.) 2-handed twist lock
- 4.) Inverted rear wrist lock
- 5.) elongated rear wrist lock
- 6.) Palm up twist lock (Takedown)
- 7.) Arm bar

- b.) Searching
 - 1. Top hand control search
 - 2. Palms together search
 - 3. Twist lock search
- c.) Cuffing
 - 1.) Top hand control cursory search
 - 2.) Palms together handcuffing
 - 3.) Standing handcuffing and search (top hand control)
 - a.) Quick cuff
 - a.) Straight arm
 - b.) Inverted
 - c.) Entry to position of advantage from front

V CAROTID RESTRAINT (with exercises)
(45 minutes)

- a.) Carotid Restraint Control application
- b.) Leg Sweep takedown from rear
- c.) Shoulder twist takedown
- d.) Application
- e.) Handcuffing
- f.) Suspect pushes – application from back control
- g.) Check for vital signs
- h.) Handcuffing suspect who surrenders
- b.) preventing injury
- c.) procedures
- d.) entry into position (from front and rear)

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Class B (4-Hours)

I CLASS INTRODUCTION/WARM UP (15 minutes)

- Stretching

II Review (30 Minutes)

III BODY MECHANICS AND CONTROL HOLDS (with exercises) (90 MINUTES)

a.) Control Holds

- 1.) Side wrist lock
- 2.) Rear wrist lock
- 3.) 2-handed twist lock
- 4.) Inverted rear wrist lock
- 5.) elongated rear wrist lock
- 6.) Palm up twist lock (Takedown)
- 7.) Arm bar

b.) Searching

- 1.) Top hand control search
- 2.) Palms together search
- 3.) Twist lock search

c.) Cuffing

- 1.) Top hand control cursory search
- 2.) Palms together handcuffing
- 3.) Standing handcuffing and search (top hand control)
 - a.) Quick cuff
 - b.) Straight arm
 - d.) Inverted
 - e.) Entry to position of advantage from front
 - f.) Finger-whip entry to twist lock
 - g.) Bent finger lock to twist lock (Thumb up)
 - h.) Bent finger lock to twist lock (Thumb down)
 - i.) Arm hook duck under to twist lock control from front
 - j.) Handshake entry to twist lock control from front
 - k.) Rear entry to side wrist lock
 - l.) Rear entry to elongated wrist lock

- m.) Rear entry to twist lock
- n.) Palm down to finger control to twist lock (finger whip to twist lock????)
- o.) Extended arm wrist lock from side
- p.) Inverted side wrist lock from 2 handed twist lock

IV TAKE DOWNS/GROUND DEFENSE (with exercises) **(45 minutes)**

a.) Take Downs

- 1.) Arm bar take down to prone control
- 2.) Elbow push over to prone control
- 3.) Twist lock take down to rear
- 4.) Figure Four take down
- 5.) Head and Arm wrap take down
- 6.) S-shape lock to arm bar take down
- 7.) Single leg sweep take down from front
- 8.) leg sweep take down from rear
- 9.) Head tilt take down to the rear
- 10.) Twist lock take down
- 11.) Team take down to the rear (Double leg trip from the front)
- 12.) Team take down (leg wrap from the rear)

b.)Takedown Prevention

- 1.) Forearm block
- 2.) Arm pass (control elbow)
- 3.) Bent arm drag takedown or Bent arm lock circle down
- 4.) Head control takedown (one or two hands)
- 5.) Head control spinning takedown

c.) Ground Defense

- 1.) Back fall to ground defense position and stand up
- 2.) Escape from back – subject top control – punching or choking
- 3.) Head lock escape from ground
- 4.) Escape from guard control

V WEAPON RETENTION/DISARMING (TAKE AWAY) **(45 MINUTES)**

a.)

b.) Gun Holstered

- 1.) Front Attack (cross grab and same arm)
 - a.) Gun control arm bar
 - b.) Holster pulled up

- 2.) Rear Attack (cross grab and same arm)
 - a.) Gun control arm bar
 - b.) Holster pulled up
- 3.) Dual Possession (gun removed from holster)
 - a.) Arm bar over shoulder
 - b.) Twist lock
 - c.) Arm bar over side of arm
- 4.) Retention of Deployed Handgun
 - a.) Strike attacking arm
 - b.) Gun rip
 - c.) Up down
- 5.) Hand Gun Takeaway (Gun pointed at officer)
 - a.) Front
 - b.) Rear
 - c.) Head (front and rear)

VI CAROTID RESTRAINT REVIEW
(15 minutes)

- a.) Carotid Restraint Control application
- b.) Leg Sweep takedown from rear
- c.) Shoulder twist takedown
- d.) Application
- e.) Handcuffing
- f.) Suspect pushes – application from back control
- g.) Check for vital signs
- h.) Handcuffing suspect who surrenders
- i.) preventing injury
- j.) procedures
- k.) entry into position (from front and rear)

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Class C (4-Hours)

I CLASS INTRODUCTION/WARM UP (15 minutes)

- Stretching

II Review (30 Minutes)

III. Weapon retention from Ground (30 Minutes)

- a.) Handgun Retention from the ground (Officer on back)
 - 1.) Same Side
 - a.) Entangled arm lock
 - b.) Roll over
 - 2.) Cross grab
 - a.) Knee on elbow arm bar
 - b.) Pull head in and roll
 - c.) Leg over arm bar

IV Kneeling and prone handcuffing (30 Minutes)

- a.) Practice transitions to cuffing/searching
 - 1.) Kneeling search
 - 2.) Top hand
 - 3.) Palm together
 - b.) Prone search
 - 1.) Kneeling handcuffing
 - 2.) Top hand
 - 3.) Palm together
 - c.) Prone handcuffing
 - d.) Team handcuffing takedown or standing
 - e.) Entries and Transitions

V CAROTID RESTRAINT REVIEW (without exercises)

- a.) Carotid Restraint Control application
- b.) Leg Sweep takedown from rear
- c.) Shoulder twist takedown
- d.) Application
- e.) Handcuffing
- f.) Suspect pushes – application from back control
- g.) Check for vital signs
- h.) Handcuffing suspect who surrenders
- b.) preventing injury
- c.) procedures
- d.) entry into position (from front and rear)

VI Blood draw/Wrap

- a.) Application of the wrap restraint
- b.) Forced blood draw.
 - 1.) Using wrap
 - 2.) Other methods

**VII CARDIO VASCULAR CHALLENGE
(30 MINUTES)**

- a.) Cardio (jogging)
- b.) Shrimping
- c.) Abdomen
- d.) Push ups
- e.) Mixture (bag/jump rope)
- f.) S-shape lock

VII Scenarios/Test

- a.) suspect's response to force
- b.) importance of transition with changes in force
 - 1.) Practice transitions between holds
 - 2.) Practice transitions from holds to take downs